

Chickenpox (varicella)

If you have not had chickenpox and have not had the chickenpox vaccine, you need to get the shots. Children 12 and younger need one shot. Teens 13 and older need two shots.

Chickenpox is one of the most common childhood diseases. Chickenpox causes a skin rash that starts on the scalp and body and then spreads to the face, arms and legs over a period of three to four days. The rash forms between 250 to 500 itchy blisters that dry into scabs two to four days later. It can be mild but sometimes chickenpox can cause skin infections, pneumonia, brain damage, and bleeding problems.

Flu (influenza)

Do you have a chronic health problem such as asthma, diabetes, or heart disease? If you do, ask your doctor or nurse if you should have a yearly flu shot.

Pneumonia (pneumococcal disease)

If you have a chronic health problem, you may need to get the pneumococcal shot. Talk to your doctor or nurse.

Hepatitis A

Do you travel outside the United States? Do you have a clotting factor disorder or chronic hepatitis? Are you a male who has sex with other males? Do you shoot up drugs? If you answered yes to any of these, you may need to get the hepatitis A shots.

Take care of yourself! Protect yourself from these serious diseases. Talk to your doctor or nurse to see if you need any shots.



Call your doctor, your local health department or

1-888-76-SHOTS



Jennifer M. Granholm, Governor
Janet Olszewski, Director

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ARE YOU

11-19 YEARS OLD?



Then You Need To Protect Yourself Against Some Serious Diseases!



Many people between the ages of 11 and 19 think they are done getting shots against diseases. They think shots are just for little kids. Guess again! There are millions of people between 11 and 19

who need shots for tetanus, diphtheria, hepatitis B, chickenpox, measles, mumps, German measles, flu, and pneumonia.

Getting shots is a life-long job. Talk to your doctor or nurse to make sure you've had all the shots you need.

Make sure you protect yourself against:

Hepatitis B (Hep-B)

You need three shots of hepatitis B vaccine if you have not already had them.

Hepatitis B is a disease caused by a virus which infects the liver. It can lead to severe illness, life-long disease, scarring (cirrhosis) of the liver, liver failure, liver cancer or even death.



Measles-mumps-rubella (MMR)

You need two shots of MMR.

- **Measles**

Measles (rubeola or hard measles) can be a very serious disease and is easily passed from person to person. It causes high fever, cough, runny nose, sore eyes and rash lasting one or two weeks. You can also have ear infections and pneumonia. In serious cases, measles can cause an infection of the brain, hearing loss, developmental disability or death.

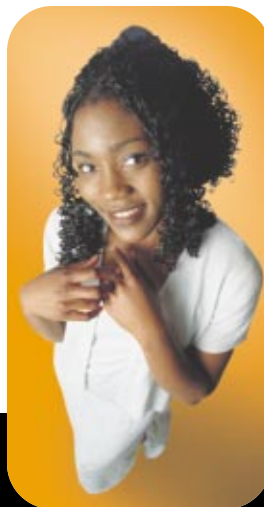
- **Mumps**

Mumps can be a serious disease. It lasts for several days and is easily passed from person to person. Mumps can cause fever, headache, swollen or painful glands under the jaw, a mild swelling of the brain and spinal cord, and hearing loss.

About one in every four teenage or adult males with mumps will have painful swelling of the testicles for several days. Most men can still father children after this swelling.

- **Rubella (German measles)**

Rubella is a mild disease that lasts for a short time. If you get rubella, you can have a mild fever, swollen glands in the neck, a rash that lasts up to three days, and soreness or swelling in the joints. This soreness or swelling usually lasts for a week or two. In rare cases, it may last for months or years and may come and go. The pain and swelling are more likely to occur in women.



If a pregnant woman gets rubella, it can harm her unborn baby. Babies born with rubella can have heart disease, be blind or deaf, or have learning problems.



Tetanus-diphtheria (Td)

You need a booster shot of Td between the ages of 11 and 12 if it has been five years or more since your last shot. After that, you will need a Td booster (tetanus shot) every 10 years. A tetanus-diphtheria shot is not just something you get when you step on a nail.

- **Tetanus**

Tetanus (lockjaw) can occur after a cut or wound lets the germ into your body. Tetanus makes you unable to open your mouth or swallow, and causes serious muscle spasms. In the United States, tetanus kills three out of every 10 people who get the disease. Those who don't die have long hospital stays.

- **Diphtheria**

Diphtheria is a very serious disease and is easily passed from person to person. It can make a person unable to breathe or cause paralysis (unable to move parts of the body) or heart failure. About one in every 10 people who get diphtheria die from it.